

Aging Internet Information Notes:

Nutrition and Food Safety

(See Also: [Exercise and Fitness](#))

Nutritional information, education and programs such as congregate and home delivered meals supported by the Older American Act and Food Stamp programs are critical to the longevity and well being of older adults. Sites selected here included government sites describing nutrition and food safety programs, General Accounting Office reports, consumer-oriented information; and service provider, professional and academic sites that include both scientific and applied information useful to all audiences.

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Federal Government Agencies: Gateways

Gateway to Government Nutrition Sites

<http://www.nutrition.gov/>

Gateway to Government Food Safety Information

<http://www.foodsafety.gov/>

Nutrition for Seniors – Medline Plus

(National Library for Medicine)

<http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>

Federal Government Agencies: Programs and Publications

Administration on Aging

Older Americans Act Nutrition Program

<http://www.aoa.gov/eldfam/Nutrition/Nutrition.asp>

The Elderly Nutrition Program – Fact Sheet

http://www.aoa.gov/press/fact/alpha/fact_elderly_nutrition.asp

Nutrition Services Incentive Program

http://www.aoa.gov/eldfam/Nutrition/Nutrition_services_incentive.asp

Older Americans Act Nutrition Network (AoA Grantee)

(National Policy and Resource Center on Nutrition and Aging)

http://www.fiu.edu/~nutreldr/Aging_Network/aging_network.htm

Food and Drug Administration

Eating Well as We Age

<http://www.fda.gov/opacom/lowlit/eatage.html>

<http://www.fda.gov/opacom/lowlit/eatage.pdf>

Center for Food Safety and Applied Nutrition

<http://vm.cfsan.fda.gov/list.html>

Seniors and Food Safety - Preventing Foodborne Illness

<http://www.cfsan.fda.gov/~dms/seniors.html>

2001 Food Code

[includes guidance for nursing homes]

<http://vm.cfsan.fda.gov/~dms/foodcode.html>

Department of Agriculture

Food and Nutrition Service

<http://www.fns.usda.gov/fns/>

Food Stamps

<http://www.fns.usda.gov/fsp/>

Food Stamp Program – Toll Free Number

http://www.fns.usda.gov/fsp/contact_info/toll_free_number.htm

Food Stamp Outreach Resources Materials

<http://www.fns.usda.gov/fsp/outreach/resources.htm>

State Food Stamp/Hotline Telephone Numbers

http://www.fns.usda.gov/fsp/contact_info/hotlines.htm

Food Stamp Program – Applicants and Participants

http://www.fns.usda.gov/fsp/applicant_recipients/default.htm

Food Stamps Pre-Screening Eligibility Tool

<http://209.48.219.47/fns/>

Food Stamp Program – Seniors Materials

<http://www.fns.usda.gov/fsp/outreach/seniors.htm>

Food Stamp Special Rules for the Elderly or Disabled

http://www.fns.usda.gov/fsp/rules/Elderly_Disabled.htm

**Common Food Stamp Myths Concerning Elderly Households
(U.S. Department of Agriculture)**

<http://www.fns.usda.gov/fsp/outreach/Translations/English/10facts.htm>

Senior Farmer's Market Nutrition Pilot Program

<http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm>

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

Nutrition and Aging Relationships

http://www.nal.usda.gov/ttic/tektran/categoryV3/Nutrition_Aging_Relationships.html

Nutrition and the Elderly – Resource Guide

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/nutritionelderly.html>

Old Dietary Guidelines for Americans

<http://www.nal.usda.gov/fnic/dga/dguide95.html>

Agricultural Research Service

<http://www.ars.usda.gov/>

Modified Food Pyramid for 70+ Adults

<http://www.ars.usda.gov/is/np/fnrb/fnrb499.htm> - Pyramid

Dietary Guidelines for Americans 2005

My Pyramid Materials

<http://www.mypyramid.com>

Economic Research Service

<http://www.ers.usda.gov/>

Seniors' Views of the Food Stamp Program and Ways To Improve Participation Washington State: Final Report (Economic Research Service)

<http://www.ers.usda.gov/publications/efan02012/>

Food Spending and the Elderly (Food Review)

<http://www.ers.usda.gov/publications/FoodReview/Sep2002/frvol25i2c.pdf>

Food Security Rates are High for the Elderly (Food Review)

<http://www.ers.usda.gov/publications/FoodReview/Sep2002/frvol25i2d.pdf>

Food Stamp Participation by the Elderly Remains Low (Food Review)

<http://www.ers.usda.gov/publications/FoodReview/Sep2002/frvol25i2e.pdf>

Older Adults at Risk of Complications from Microbial Foodborne Illness (Food Review)

<http://www.ers.usda.gov/publications/FoodReview/Sep2002/frvol25i2f.pdf>

Food and Nutrition Board

(National Institute of Medicine)

<http://www.iom.edu/board.asp?ID=3788>

The Role of Nutrition in Maintaining Health in the Nation's Elderly: Evaluating Coverage of Nutrition Services for the Medicare Population (Food and Nutrition Board, National Institute of Medicine)

<http://www.nap.edu/books/0309068460/html/>

Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride (1999)

(Food and Nutrition Board, National Institute of Medicine)

<http://www.nap.edu/books/0309063507/html/index.html>

Center for Food Safety and Applied Nutrition

<http://www.nal.usda.gov/fsrio/>

Elderly Nutrition

http://www.nal.usda.gov/foodstamp/Topics/elderly_nutrition.html

National Institutes of Health

Office of Dietary Supplements

<http://dietary-supplements.info.nih.gov/>

Dietary Supplement Use in the Elderly

[compiled by National Library of Medicine for Conference]

<http://www.nlm.nih.gov/pubs/cbm/elderdietsuppl.html>

Consumer Fact Sheets

Determine Your Nutritional Health Checklist

(American Academy of Family Physicians)

<http://www.aafp.org/x17367.xml>

Portion Distortion! Do You Know How Food Portions Have Changed in the Past 20 Years?

(National Heart, Lung and Blood Institute)

<http://hin.nhlbi.nih.gov/portion/>

Food Safety for the Elderly

(Clemson University Extension)

<http://hgic.clemson.edu/factsheets/HGIC3642.htm>

Nutritional Supplements Misuse Among Older Adults

(Ohio State University Extension)

<http://ohioline.osu.edu/ss-fact/0126.html>

As We Age: Nutrition for Adults

(Virginia Tech Cooperative Extension)

<http://www.ext.vt.edu/pubs/nutrition/348-020/348-020.html>

Older Adults – Why Might I Need to Take Supplements

(Iowa State Extension)

<http://www.extension.iastate.edu/nutrition/supplements/benefit.php>

Consumer Internet Sites

**Food Stamps for the Elderly Resource Center
(Food Research and Action Center)**

<http://www.frac.org/html/news/fsp/fselderlycenter.htm>

Arbor Nutrition Guide

<http://www.arborcom.com/>

Mayo Clinic – Food and Nutrition Center

<http://www.mayoclinic.com/health/HealthToolsIndex>

**Nutrition Analysis Tool (NAT) Tools for Good Health
(Food Science and Human Nutrition Department at the University of Illinois)**

<http://www.nat.uiuc.edu/>

**Hunger and Food Insecurity Among the Elderly
(Center on Hunger)**

<http://www.centeronhunger.org/pdf/Elderly.pdf>

Service Provider Organizations

National Association of Nutrition and Aging Services Programs

<http://www.nanasp.org/>

Meals on Wheels Association of America

<http://www.mowaa.org>

National Meals on Wheels Foundation

<http://www.nationalmealsonwheels.org/>

California Association of Nutrition Directors for the Elderly

<http://www.cande.org/>

Wisconsin Association of Nutrition Directors

(WisNutrition.com)

<http://www.wisnutrition.com/>

Examples of state and local organizations and programs

Citymeals-on-Wheels (New York)

<http://www.citymeals.org/>

Elderly Nutrition Program & Meals-on-Wheels (Massachusetts)
(Coastline Area Agency on Aging)

<http://www.coastlineelderly.org/home/wheels.htm>

Professional Organizations and Academic sites

American Dietetic Association

<http://www.eatright.org/>

Geriatric Nutrition Practice Group

<http://www.gndpg.org>

Jean Mayer USDA Human Nutrition Research Center on Aging

<http://www.hnrc.tufts.edu/>

National Policy and Resource Center on Nutrition and Aging

<http://www.nutritionandaging.fiu.edu>

Columbia University – Nutrition and Elderly Training Module

[http://cpmcnet.columbia.edu/dept/dental/Dental_Educational_Software/Gerontology and Geriatric Dentistry/nutrition/nutrition_index.html](http://cpmcnet.columbia.edu/dept/dental/Dental_Educational_Software/Gerontology_and_Geriatric_Dentistry/nutrition/nutrition_index.html)

Nutrition Screening Initiative

(American Academy of Family Physicians)

<http://www.aafp.org/nsi/>

American Society for Nutritional Sciences

<http://www.asns.org/>

Nutrition for Older Adults Health

(University of Georgia)

<http://www.arches.uga.edu/%7Enoahnet/home.html>

Congressional Hearings

Fitness and Nutrition: The Prescription for Healthy Living

March 11, 2003

(Senate Special Committee on Aging)

<http://www.senate.gov/~aging/index.cfm?Fuseaction=Hearings.Detail&HearingID=13>

Healthy Aging and Nutrition: The Science of Living Longer

August 15, 2002

(Senate Special Committee on Aging)

http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=107_senate_hearings&docid=f:82918.wais

U.S. General Accounting Office Reports

Food Stamp Employment and Training Program: Better Data Needed to Understand Who is Served and What the Program Achieves

GAO-03-388, March 3, 2003

<http://www.gao.gov/highlights/d03388high.pdf>

Food Safety: Overview of Federal and State Expenditures

GAO-01-177, February 20, 2001.

<http://www.gao.gov/cgi-bin/getrpt?rptno=gao-01-177>

Food Stamp Program: States Seek to Reduce Payment Errors and Program Complexity

GAO-01-272, January 19, 2001

<http://www.gao.gov/cgi-bin/getrpt?rptno=gao-01-272>

Food Assistance: Options for Improving Nutrition for Older Americans

(RCED-00-238) August 2000

<http://frwebgate.access.gpo.gov/cgi-bin/useftp.cgi?IPaddress=162.140.64.21&filename=rc00238.pdf&directory=/diskb/wais/data/gao>

Title III, Older Americans Act: Carryover Funds Are Not Creating a Serious Meal Service Problem Nationwide

GAO-01-211, January 2001

<http://www.gao.gov/cgi-bin/getrpt?rptno=gao-01-211>

Food Stamp Program: Various Factors Have Led to Declining Participation

(RCED-99-185) July 1999

<http://frwebgate.access.gpo.gov/cgi-bin/useftp.cgi?IPaddress=162.140.64.21&filename=rc99185.pdf&directory=/diskb/wais/data/gao>

Health and Human Services Inspector General Reports

Dietary Supplement Labels: An Assessment (2003)

<http://oig.hhs.gov/oei/reports/oei-01-01-00121.pdf>

Dietary Supplement Labels: Key Elements (2003)

<http://oig.hhs.gov/oei/reports/oei-01-01-00120.pdf>

Adverse Event Reporting for Dietary Supplements (2001)

<http://oig.hhs.gov/oei/reports/oei-01-00-00180.pdf>

**Administration on Aging Nutrition Program for the Elderly
Use of Agricultural Commodities (1995)**

<http://www.oig.hhs.gov/oas/reports/region1/19302510.htm>

**Action Plan to Strengthen State Implementation of
Title III of the Older Americans Act (1993)**

<http://oig.hhs.gov/oei/reports/oei-02-91-01517.pdf>

Reports and Journal Articles

**Current Bibliographies in Medicine 2003-Dietary Supplement Use in the Elderly
(National Library of Medicine)**

<http://www.nlm.nih.gov/pubs/cbm/elderdietsuppl.html>

**Malnutrition and the Elderly
(American Academy of Family Physicians)**

<http://www.aafp.org/x16093.xml>

**Food Stamp Program and Older Americans
(Public Policy Institute, AARP)**

http://research.aarp.org/il/fs20r_fsp.html

**Dietary Supplements and Older Consumers
(Public Policy Institute, AARP)**

http://research.aarp.org/consume/dd66_diet.html

**Food Insecurity and the Elderly and the Nutritional Status of the Elderly
Population**

(U.S. Department of Agriculture Center for Nutrition Policy and Promotion)

<http://www.usda.gov/cnpp/Insights/Insight18.PDF>

**Relation between Body Composition, Fat Distribution, and Lung Function in
Elderly Men**

Vol. 73, No. 4, 827-831, April 2001

(American Journal of Clinical Nutrition)

<http://www.ajcn.org/cgi/content/abstract/73/4/827>

**Detection, Evaluation and Treatment of High Blood Cholesterol in Adults
(National Heart, Lungs and Blood Institute on Health)**

<http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm>

**Special Issue on Nutrition and Aging
(The American Journal of Clinical Nutrition)**

<http://www.ajcn.org/content/vol66/issue4/>

Alterations of Immune Defense Mechanisms in the Elderly:

(TOP Nutrition Newsletter)

<http://www.thai-otsuka.co.th/pxnews/0498nl01.htm>

**Center for Communication and
Consumer Services**

U.S. Administration on Aging

Tel. 202-619-0724

FAX 202-357-3523

Internet: <http://www.aoa.gov>

Email: aoainfo@aoa.gov